

# Mobile Personal Training FREE CONSULTATION amp HEALTH ASSESSMENT - Profes



Location **North, Tyne And Wear**  
<https://www.freedasz.co.uk/x-174741-z>

**BUILDING a STRONGER, FITTER and HEALTHIER BODY to LIVE IN.**

Sports Specific & Online personal training now available  
 Also 1/3/5 Day Detox Plans & Nutrition Plans

- Want to LOSE WEIGHT and BODY FAT?
- Want to TONE UP & be STRONGER?
- Want RESULTS but don't have the TIME, CONFIDENCE or MOTIVATION to go to the GYM?
- Want to be in an environment you feel COMFORTABLE in?
- Want to take your training to the next level?
- Need a new CHALLENGE?
- Want to improve in your SPORT?

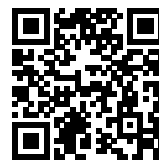
Then don't hesitate to BOOK a  
**\*FREE no obligation CONSULTATION & HEALTH ASSESSMENT\***  
 Rebuild Personal Training - Richard Birkett can INSPIRE and HELP you BUILD the BODY you want.

Whatever your AGE, ABILITY or FITNESS LEVEL i'm here to HELP you achieve your ultimate GOAL!

It's Fun, Friendly and for all ages and abilities (14 years +).



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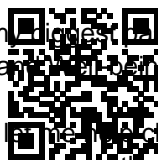
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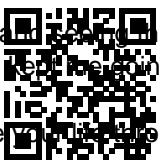
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My passion and my goal is to help you achieve your ultimate goal. I am here to help you build a stronger, fitter, and healthier body. I have helped many people achieve their goals and I am confident I can help you too. If you are ready to make a change, I can help you with your nutrition, training, and mindset. I will provide you with the support and guidance you need to succeed. My packages are designed to be safe, effective, and enjoyable. I will ensure you are comfortable and relaxed throughout your training. If you require more information on Prices, Packages, General enquiries please contact me. Prices may vary depending on distance been traveled, Terms and Conditions.